

CITY OF ROCKLIN

DEPARTMENT OF COMMUNITY SERVICES

ADULT BASKETBALL LEAGUE RULES

All play will be governed by NCAA rules of play with the following qualifications and exceptions:

1. **Two 20-minute halves**, running clock. Stopped clock the final two minutes of the game if the point spread is less than 15 points.
2. **Bonus** (1-and-1) in effect on the 7th team foul in each half. Automatic 2 shots on the 10th team foul in each half.
3. **Disqualification** at five personal fouls. Technical foul is a personal foul.
4. A team must start with five players on the court; however, if both team managers agree prior to the start of play, teams can play with less than five players.
5. All **technical fouls** awarded two points and ball out-of-bounds.
6. **Jump ball** to begin the game. Alternating possession thereafter.
7. **Timeouts:** two per half, 30 seconds each, no carry over to second half.
8. **Managers**, or designated team captains, are responsible for the actions of their teams and players.
9. Player playoff eligibility – all players are required to participate in a minimum of two league games to be eligible for playoff participation.
10. **Overtime:** Three minutes, stopped clock. One timeout per team.
Team fouls carry over from second half.

SPORTSMANSHIP & SPORTS CODE OF CONDUCT

The Rocklin City Council created the sportsmanship ordinance shown below for all youth and adult sports activities in our community.

We will be strictly enforcing the city of Rocklin Adult Sports Code of Conduct.

Team Managers are responsible for the actions of their players and team.

**GOOD SPORTSMANSHIP IS EVERYONE'S RESPONSIBILITY.
DEMONSTRATING GOOD SPORTSMANSHIP INCLUDES RECOGNIZING THE
SKILLS OF ALL PLAYERS AND OFFICIALS; SELF CONTROL; HUMILITY IN
VICTORY; CALMNESS AND COMPOSURE IN DEFEAT; AND CONCERN FOR
OTHERS. PLEASE DISPLAY GOOD SPORTSMANSHIP AT ALL TIMES ON THE
FIELD, ON THE BENCH, AND IN THE STANDS.**